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(Demonstrator's work sheet

SOFT CHEESE MAKING

by

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Cooperative Extension Work in Agriculture
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College and United States Department of
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DEMONSTRATION PREPARATION SHEET

UTENSILS FOR DEMONSTRATION	FOOD MATERIAL FOR DEMONSTRATION	WORK TO BE DONE BEFORE DEM. STARTS
<ul style="list-style-type: none"> 1 pan (2 qt) 2 - 10 qt. pails 1 long butcher knife 1 drain cloth - square of muslin plate and fork to to serve each guest airy or weather thermometer 2 sticks to support cheese while draining 2 large pails 1 meat grinder 1 ladle 1 can opener 2 forks 1 spatula or knife 1 paring knife 1 qt. measure stove - good kerosene stove preferred water dish pans (2) 2 mixing bowls - 1 qt. size 4 large plates for serving plates 1 tablespoon 1 stirring spoon 	<ul style="list-style-type: none"> 1 qt. skim milk 2 qts. whole milk $\frac{1}{2}$ c. starter (sour milk) or buttermilk 1 small can pimento 1 package dates $\frac{1}{2}$ lb. newichatel cheese $\frac{1}{2}$ " cottage " 1 small bottle olives $\frac{1}{4}$ lb. American cream cheese $\frac{1}{4}$ lb. butter 1 c. cooked salad dressing 1 small head cabbage $\frac{1}{2}$ c. peanuts salt 1 can sliced pineapple 1 c. cream curd for neufchatle cheese 3 junket tablets 	<ul style="list-style-type: none"> 1. Prepare the day before the dem. <ul style="list-style-type: none"> 1. Set curd for cottage cheese 2. " " " neufchatel " Have made up $\frac{1}{2}$ lb. cottage cheese " " " " " neufchatel " 2. Before demonstration starts <ul style="list-style-type: none"> 1. Pits removed from dates 2. All cans opened 3. 1 c. cabbage shredded 4. 1 plate of small cabbage leaves crisp 5. $\frac{1}{4}$ c. nuts chopped 6. 2 T. of pimento cut fine 7. 2 T. olives cut fine 8. 1 plate of tiny balls of different kinds of cheese, ready.

Part I. Foundation Cheeses

Demonstrator I.

Utensils

1 pan (2 qt)
1 stirring spoon
1 thermometer
1 long knife

Food

1 qt. milk
1 T. starter (sour milk)
1 pt. prepared curd
1 tsp. salt
1 junket tablet
in 1 c. cold water

1. Sets the curd for the cottage cheese
 1. Measures milk - 1 quart
 2. Heats the milk to 72 degrees F.
 3. Measures the starter
 4. Adds the junket
 5. Covers and sets aside to form the curd

2. Shows the finished curd (prepared at home the day before) ready to salt.

1. Salts the curd
2. Adds the cream

1. What kind of milk do you use for cottage cheese?
2. What is the cottage cheese rich in?
3. What do you use for a starter?
4. What is meant by starter in cheese making?
5. To what temperature do you heat the milk?
6. Why cover the cheese when you set it aside to curdle?
7. How long do you allow for cheese to form curd?
8. Why cut the curd? Allows the whey to escape faster. Makes a finer cheese.
9. To what temperature do you heat the curd?
10. What is the effect of a high temperature in cheese making?
11. Why stir the cheese curd gently? Keeps parts of the curd from becoming overheated. Allows for the quick separation of curd and whey.
12. Give the time for the curd to set and drain.

Demonstrator II.

Utensils

1 2 qt. pan
2 pails (10 qts)
1 thermometer
1 ladle or dipper
1 drain cloth
1 long stick

Food

2 qts. milk
T. starter
junket tablets

1. Sets the curd for the Neufchatel and pimento cheese.
 1. Measures milk - 2 qts.
 2. Heats the milk to 72 degrees F.
 3. Adds the starter
 4. Adds the junket
 5. Neufchatel to be made in one pan
 6. Cover the pan and set aside to cool.

1. How does Neufchatel cheese differ from cottage cheese?
2. What is neufchatel cheese rich in?
3. Mention each step as you proceed.
4. What is pepsin? Pepsin is an enzyme extracted from the lining of calves stomachs

Part I. Foundation Cheeses

DEMONSTRATOR II.

- | | | |
|---------------------------|--|--|
| 1 qt. prepared Neufchatel | 2. Handles the neufchatel curd prepared at home the day before | 5. Why is pepsin added to the milk? To coagulate the casein. (Protein of the milk) |
| | 1. Salts the curd. | 6. Why was it necessary to prepare the two curds the day before? |

DEMONSTRATOR I.

Utensils

- 1 meat grinder
- 1 case knife
- 1 tablespoon
- 1 plate

Food

- $\frac{1}{2}$ lb. American cream cheese
- 2 T. butter
- 2 T. salad dressing

1. Club Cheese

- 1. Measures out cheese,
- 2. Measures out butter
- 3. Puts cheese and butter through meat chopper together,
- 4. Adds salad dressing,
- 5. Examines the cottage cheese left to drain.

- 1. How is club cheese different from the first three kinds of cheese?
- 2. What does the butter do to the finished product? Adds fat and makes it possible to use the cheese as a "spread" for bread.

DEMONSTRATOR II.

Utensils

- ladle
- 2 heavy weights
- 2 dish pans

- 1. Examines both neufchatel and pimento cheese left to drain.
- 2. Opens cloths
- 3. Spreads out both kinds of cheese with
- 4. Works cheese down well from sides of cloth to center.
- 5. Ties both into tight ball.
- 6. Places heavy weight on each
- 7. Allow both to drain.

- 1. Why do you work the neufchatel and pimento cheese?
- 2. Why do you use weight?
- 3. How long do you continue to use a weight?

DEMONSTRATION PROCEDURE

DEMONSTRATION DISCUSSION

Part I. Variations in use of foundation cheese

Demonstrator I.

Utensils

- 3 mixing bowls (1 qt)
- 2 large plates
- 1 serving platter

Food

- $\frac{1}{4}$ c. chopped olives
- $\frac{1}{4}$ c. " pimento
- $\frac{1}{4}$ c. " nuts
- 4 doz. crackers
- $\frac{1}{2}$ lb. neufchatel cheese
- $\frac{1}{4}$ lb. pimento "

Cut cottage cheese curd.

1. Makes sandwich fillings.

- 1. Adds chopped olives to neufchatel cheese
- 2. Adds chopped pimento to " and pimento cheese.
- 3. Adds chopped nuts to " cheese
- 4. Spreads small crackers with different cheese fillings to serve guests.

- 1. What are the characteristics of the soft cheese that should lead us to use them more extensively in meal planning?
- 2. Why is soft cheese making worth while in the farm home? It is another means of using the extra supply of milk as a palatable food product.
- 3. Why are soft cheeses of value in the diet?

Demonstrator II.

Utensils

- 1 teaspoon
- 1 case knife
- 2 serving plates

Food

- 1 slice pineapple
- ~~1~~ 2 salad dressing
- 1 doz. dates
- 1 plate crisp cabbage leaves
- 1 pimento
- 2 plate cheese balls

1. Makes salads

- 1. Pineapple slice with 3 balls of neufchatel cheese, 1 tablespoon salad dressing, 3 strips of pimento on top. Served on cabbage leaf.
- 2. Stuff 2 doz. dates with neufchatel cheese. Serve 2 on piece of cabbage leaf with teaspoon salad dressing and bit of pimento.
- 3. Salts the pimento and neufchatel curds that were left to drain.

- 1. What combinations were especially good?
- 2. Why should milk be used from only healthy cows for cheese making?
- 3. What effect has poor feed upon the quality of milk produced?
- 4. Does this make a difference in the cheese? What?
- 5. Name the best feeds for milk cows.
- 6. Why have clean cows?
- 7. What can the milker do to protect the milk against bad odors?
- 8. Give directions for cleaning the milk vessels.